

## WHEN A WOMAN TELLS

BY RUTH AGNES ABELING

John Ames was smiling slightly, a sincere smile that one must have liked.

He led the way to the settee in the living room, just the other side of the portieres.

"I know I haven't any right to trouble you, but you seem to be the only sane person in a chaotic world."

So I thought perhaps you wouldn't mind talking to me a little," he began.

"If there is anything I can do—the words seemed so weak, so futile that I couldn't go on."

"I need someone who can see things in a way that I can't and tell me what is best; it is easy to become so blinded by our own desires that our vision is all untrue—perhaps I am that way now and—"

It's about that that I want to talk."

I waited in silence for him to begin speaking again.

"I thought until last night," he began slowly, "that life without Lila would be unbearable. I wanted to hold her in spite of her and in spite of the fact that I knew she didn't care for me—any more. She had been the one woman in the world to me and I had tried so hard to keep her."

His voice was wistful.

"But last night I seemed to see things differently—I thought—perhaps there might be something else after all, and that we might—be happier—apart."

The words were coming hard. It was a new idea to John Ames.

"She had always seemed like a butterfly to me, a beautiful thing, so delicate that the slightest touch would mar her loveliness, the loveliness which seemed to me to be the only desirable thing in life—but—"

Finally, "would you do it?" he asked abruptly.

"Give her her freedom, you mean?"

"Yes—and then—"

Again I felt his eyes searching mine as they had the night before in the upstairs room.

"What would she do then?" I asked, sparing for time.

"Why—marry him, I suppose."

"Your brother? Would he get a divorce, do you think?" I asked.

"Don't you think so? Don't you think his wife would be glad to have the tie broken, for he is nothing to her? They don't even make a pretense any longer."

The husband of the woman who only a few hours before had acknowledged to me her affection for another man was offering now to free her and back of it was something vaguely associated with myself.

Should I let them go on to something I knew neither of them really wanted? Should I agree with John Ames that his plan was the wiser? Should I snatch at something which might be my own happiness—or should I say the one word which might bring them back safely from the edge of the precipice?

The shadows were lengthening in the long, old room. I heard Lila Ames' step on the stairs and her voice in the hall, giving the maid instructions. She was just the other side of the portieres, her perfume was scenting the place. The door closed behind her and she rode away.

Then they came—the words.

"Do you think he honestly loves her?" My voice was strange.

Silence followed.

"If I thought he was only fooling I think I'd kill him."

## YOUR HEALTH

Like other parts of our bodies, our joints are liable to disease. Inflammation of a joint is called "arthritis."

Injuries may cause arthritis, but almost always this disease is secondary to some other condition. Usually the producing disease is characterized by the formation of pus.

Among the pus-forming conditions which may be followed by inflammation of the joints, are abscesses at the root of the teeth and "pyorrhea."

Pyorrhea is a disease of the gums around the teeth. In advanced cases pus forms and gradually this is absorbed by the system. After a while, as a result, a joint here and there may become inflamed.

Diseased tonsils, where they become pus infected, may result in arthritis. So also the sinuses may be centers of pus production and be the cause of disease of the joints.

Several Other Causes.

If elimination of the bodily wastes or poisons is interfered with the joints may be affected. Failure of function of the kidneys and intestines may thus become a cause for arthritis.

Some of the general diseases, like tuberculosis, typhoid fever, scarlet fever, the septic diseases and rheumatism may direct part of their attack against the joints.

You see, it is not necessary to have a wound or endure direct injury in order to damage and infect the joints. The germs of disease may be carried through the blood-vessels or the lymph channels.

It is not so common in America, but in some countries gout is a great factor in the production of this disease.

The symptoms of arthritis vary greatly. In some cases the joints, for instance, of the fingers—swell enormously. They become red, hot and exceedingly tender to the touch. All the familiar signs of inflammation are present. The joints may be moved, but it is painful to do it. While the deformity is complete the function of the joint is not lost.

In other cases the deformity is hardly to be noticed, but the joint is stiff at first, and finally entirely incapable of motion.

Rest and Quiet.

In arthritis from acute rheumatism there is high fever. In these cases a number of joints may be involved at the same time.

In tubercular arthritis a single joint makes the beginning of a much slower process. In this form there is usually a history of an injury beforehand.

The first indication for treatment in the acute and painful cases of arthritis is rest and quiet. The joint is fixed by splints and bandages, and thus protected against movement.

In the chronic and painless form, fixation in one position is undesirable. It may lead to a permanent fixation in one position is undesirable. Baking, when the joint is placed in a chamber and exposed to hot air, is considered a valuable procedure. Massage and careful movement of the joint are helpful.

If a baking outfit is not available, hot compresses may be applied at frequent intervals.

If pus forms in the joint it must be drawn off by operation.

Sometimes vaccines are employed in the treatment of arthritis.

Needless to say, the possible effects of this disease are so serious that skilled medical care should be called upon at the earliest possible moment.

Answers to Health Questions.

MISS F. A. G. Q—I am 72 years of age, and have lived well. You kindly tell me the cause and care for them?

A—Hives generally are caused by some indiscretion in the diet. Begin treatment by eliminating from the diet those substances for which you have an idiosyncrasy. Which hives and alkaline baths often stop the itching.

C. E. A. Q—Will you kindly advise me what causes canker of the mouth? Frequently I have these little spots appearing on my tongue, and they are extremely sore.

A—Indiscretion in diet is the cause. Eat less for a time and take only simple foods. In the meantime apply alum directly upon the spots.

## HOME-MAKING HELPS

"Everything About the House Helps to Make the Home"

By WANDA BARTON

Here Are Suggestions for Santa Claus's Most Formidable Rival.

If the famous old stork had a postoffice address his mail would rival that of Santa Claus in quantity. The answers to questions sought regarding the favorite color of eyes, the best brand of curls, the value of permanent waves, rosy cheeks and properly placed dimples, the secret of adorable smiles, the fascinations of wrinkled wrists, lucky names and the dozen and one things expectant mothers are interested in would be enough to bring on an extra moulting season and make the old bird as talkative as a parrot.

In fitting up the summer baby carriage do not use too soft a mattress pillow. The head pillow should be covered with a little linen slip. A light, soft blanket or silk puff is sufficient covering in fair summer weather. If the weather is very hot then a cotton sheet will do. The netting, or carriage veil, should fit well to keep out all insects. While the carriage is in the air regulate the light by the top to keep the sun from sleeping eyes.

Until the baby is a month old, a slip, or a borrow coat, as it is sometimes called, is ample protection, and then the thin flannel petticoat is all that is needed. If socks are worn, those of thinnest wool or silk should be chosen. The summer baby is more economical to prepare for than the winter baby, for it requires a simpler layette.

feeling, without pain of any kind, settled in my left arm and leg. I have massaged it without relief. Can you tell me of a cure?

A—You will have to write me again and repeat your question, telling me more precisely what troubles you for me to be able to help you.

W. C. Q—Nine years ago I noticed a ringing in my ears, and shortly thereafter realized that my hearing was gradually getting worse. Since that time I have been to eye and ear specialists, but my hearing continues to grow worse all the time. I am positive it is chronic catarrh. What shall I do?

A—You may have a chronic nasal catarrh which has extended to your ears. If this is true, you should not expect to be cured or relieved in too short a period. You ought to go to the nearest large hospital for a careful examination and treatment. (Copyright, 1921.)

MISS I. E. J. Q—It was operated on for appendicitis when I was 12 years old, and my stomach is very large. What causes this?

A—Your condition has nothing to do with your operation. Have your doctor examine you.

2—Any pure soap.

I. C. U. Q—I am a woman 36 years old. Two days ago a numb

It is much cheaper to make the wee things at home with good materials. Fine materials, simply trimmed, are far more to be desired than the fussy clothes which are so expensive to buy.

A simple layette consists of three little soft lapover shirts with edges bound with silk tape, three torn flannel bands with edges whip stitched, three flannellette nighties, or wrappers, six little nainsook slips, ticked and lace-edged, three nainsook petticoats, fastened on the shoulders, three little flannel petticoats, 36 diapers of two sizes, two crocheted sacques, one flannel-lined silk outdoor coat with cap to match for special use, and two or more little muslin caps for everyday wear with a little flannellette coat.

The wee knitted shirts and bands which are worn from two months on are to be bought at prices that seem large for such small garments, but they are better than any that are home-made for babies of this particular age. Long dresses do not have to be considered for the summer baby if the mother and child remain quietly at home. The short dresses will come with fall days, as well as the soft merino stockings and soft kid sandals or shoes.

The portable baby yard with a quilt on the floor is a boon for the fall days, when the baby begins to creep. The child is safe in the pen, and the quilt keeps his little garments clean.

The baby basket and its contents change with the changing age of the baby. In the first daintily trimmed basket are the usual fittings. The pincushion takes five dozen pins of three sizes to start with, the soft sponge fits into the oiled silk bag, absorbent cotton puffs and old linen pieces have their uses and especial pockets. Later on the trimmings get mussier, and then the basket is tripped, and is more simply trimmed for a more practical age.

Unfortunately we all cannot spare a room for a real nursery. But one portion of as large a room as we have at our disposal should be devoted to the baby needs, and should contain either a chifforon or a basket frame containing from four to six baskets for baby clothes. A little wooden clothes tree is handy to hang things on.

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A member of the lettuce family, cultivated in Upper Egypt, is a new source of edible oil.

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